

2019 East Canyon Marathon

26.2/13.1/10K/5K



Runners Guide

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Dear East Canyon Marathon Runners,

The 4th Annual East Canyon Marathon is almost here!!! This is a great fast course heading East from Big Mountain to Morgan, Utah. The weather for this weekend is a high of 93 degrees with a low of 61. However up in the canyon the weather will be cooler so come prepared for some cooler temps. The race will start on top of Big Mountain for the Full around 54 degrees and cool however as you descend it will warm up. We strongly recommend drinking some water and Powerade at each aid station but not too much. A few sips is great but too much can cause health problems as well. Aid stations will be every 2 miles starting at Mile 3.

The course is primarily downhill. We ask all runners to stay on the left of the road so you can see upcoming cars. Do not cut across the street. This can give racers penalties seeing the course has been measured based on running the left shoulder. Cutting to the other side is unsafe due to traffic and is considered cheating or cutting the course in this format.

Disposable Timing chips are attached to the back of your bibs. Do not remove them or bend them. Timing chips are not read until you clear the antenna or your last read. If you stand over the starting line it may read for a bit or immediately. If you do not clear the finish line it may continue to read so as you finish go get food and medal and come back to cheer your friends still running. This prevents the chip from continue to read and clear out giving you a good finish read.

Volunteering is a method to get races for free. On Hill Events does an incredible volunteer program with a \$50 credit per race for those willing to help out. This credit can be used for any future race up to 13 months from the date you volunteered. This way if someone volunteers on one of our races they can race it the following year. Register Here:

<https://www.comevolunteer.com/events/12695-east-canyon-marathon/volunteer>

Bag Drops at the Start of Half and Full in a Truck. Please do not drop items of high value or significance. The bag drop is not that secure and in the back of a truck.

Thanks for Racing,

Joe Coles – Race Director On Hill Events

Sponsors



Layton - Roy
Ogden - Syracuse



Canyon Pines
South Ogden
Free Shuttle to Start



Race Agenda

Friday August 30, 2019

- **4:00PM to 7:00PM –Packet Pickup at Striders – 1937 Washington Blvd Ogden Utah**

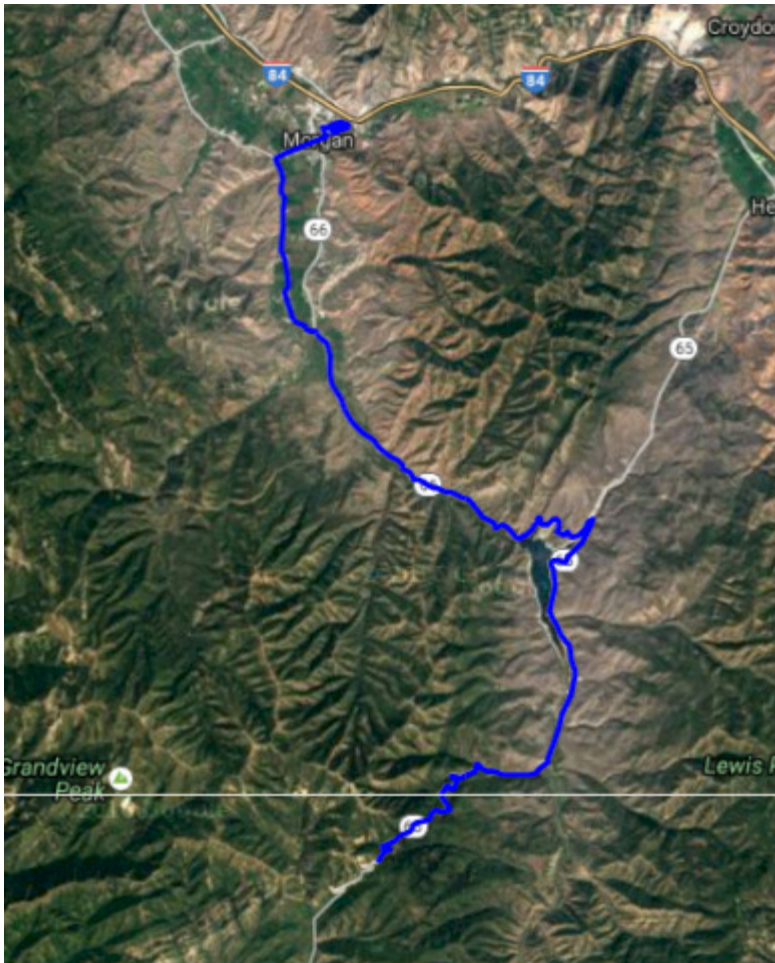
Saturday August 31, 2019

- **4:00AM to 8:00AM – Last Chance Packet Pickup at Finish line in the Morgan County Fairgrounds 750 East Como Springs Road Morgan Utah.**
- **4:30AM – Marathon Load Bus (Anyone there at 4:31AM will miss their bus, so if you plan to pickup your packet on race day pickup no later than 4:00AM)**
- **6:00AM – Half Marathon Load Bus (Anyone there at 6:01AM will miss their bus, so if you plan to pickup your on race day pickup no later than 5:30AM) Be patient the buses are the same for the Full Marathon so one may be delayed on its return. (We send the bus right away so, anyone there at 6:01AM you missed your bus, so if you plan to pickup your packet on race day pickup no later than 5:15AM)**
- **6:00AM – Marathon Starts**
- **7:30AM – Half Marathon Starts**
- **9:15AM – 10K Starts (Be 30 min early. At Morgan County Fairgrounds)**
- **9:15AM – 5K Starts (Be 30 min early. At Morgan County Fairgrounds)**

Parking

The Morgan County Fairgrounds will be the Bus Loading location as well as the finish line of the race. This Fairgrounds will have plenty of parking for all participants and their spectators. 750 East Como Springs Road Morgan Utah.

Course Maps



Full Course – Starts on top of Big Mountain and goes East then North down East Canyon towards Morgan. This course only has a handful of turns and is 2500 feet of elevation drop over 26.2 miles. This is a Boston Qualifier. The course is full of incredible views of East Canyon Reservoir, trees, East Canyon Dam, Farmlands and more. Aid stations are every 2 miles starting at mile 3. Fully supported aid stations with volunteers and cups.

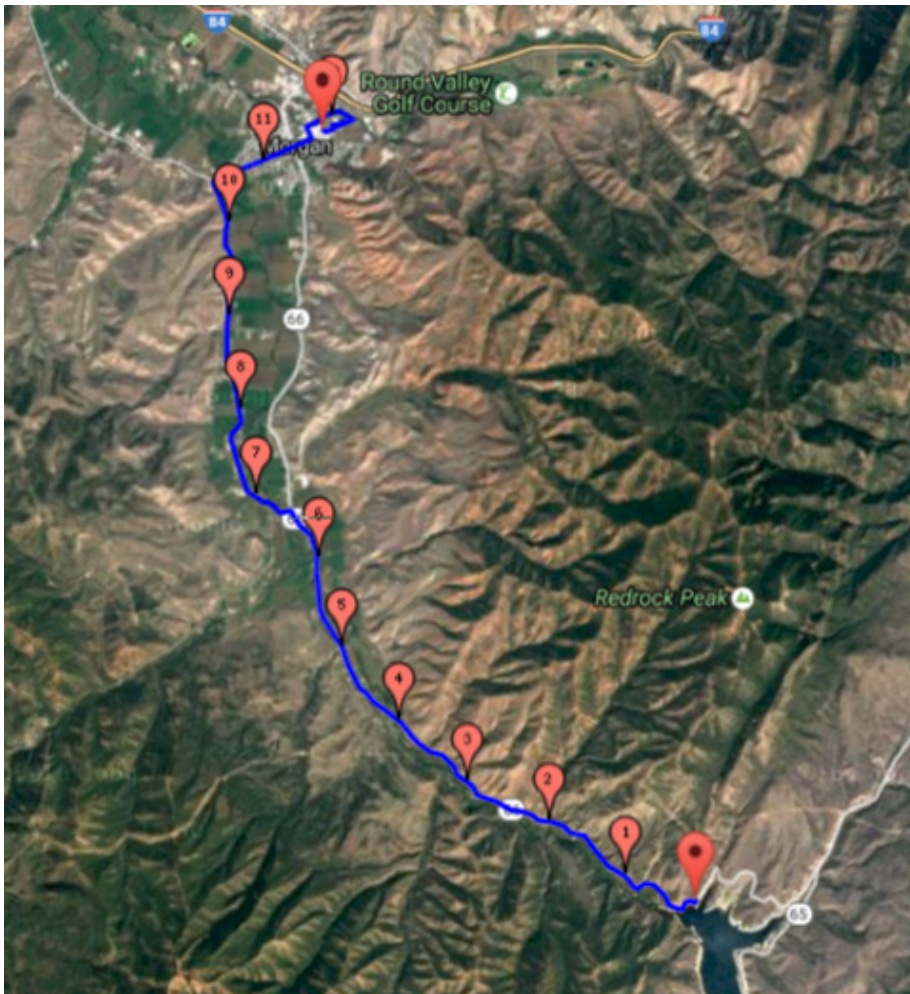
Gels at Mile 9 and 21

Bananas & Oranges at Start Mile 7, 11, 13, 19, 23.1, Finish

Here is an interactive map of the course:

<http://www.gmap-pedometer.com/?r=7118625>

Course Maps



Half Marathon Course 13.1 Miles – Starts at the Dam. This course is primarily downhill like the full however with the lower elevation the terrain changes from Aspens and Pines to Scrub Oak. Through the canyon are views of the river than farmlands to the finish area.

Gels at Mile 7.9

Bananas & Oranges at Start Mile 5.9, 9.9, Finish

Here is an interactive map of the course:

<http://www.gmap-pedometer.com/?r=7129629>

10K/5K is the exact same courses as the Full and Half Marathon except they are running backwards for Half of them. The 10K goes out 3.1 Miles backwards from the finish and then back to the finish. The 5K goes out 1.55 Miles backwards from the finish and then back to the finish.

2019 On Hill Events Races

- Candy Heart Run 5K (Valentines Theme) – West Jordan, Utah February 9
- SOCAL Marathon, 13.1, 10K, 5K – Anaheim, Calif March 2
- Lucky 13 Half, 10K, 5K (St Patty Theme) - West Jordan, Utah March 16
- Legacy Duathlon Sprint, Olympic - North Salt Lake, Utah April 13
- Eggs Legs 5K (Easter Theme) – West Jordan, Utah April 20
- May the Fourth 13.1, 10K, 5K (Star Theme) – Farmington, Utah May 4
- Drop13 Half Marathon, 5K – Big Cottonwood Canyon, Utah June 8
- Jurassic Run 5K (Dinosaur Theme) – Ogden Dinosaur Park, Utah June 29
- Cache Valley Super Sprint Tri Sprint, Olympic – Logan, Utah July 6
- Legacy Midnight Run 13.1, 10K, 5K (Glow Stick Night) – Farmington Utah July 26
- PC2PG 13.1, 10K, 5K – Provo Canyon to Pleasant Grove, Utah August 10
- East Canyon Marathon 13.1, 10K, 5K – Big Mountain to Morgan, Utah August 31
- Bear Lake Brawl Triathlon Full, Half, Olympic, Sprint – St Charles Idaho Sept 14
- Witch Run 5K (Witch Fun Theme) – West Jordan, Utah Sept 28
- Antelope Island Marathon 13.1, 10K, 5K – Syracuse, Utah October 12
- Blood Run 5K (Fun Fear Theme) – Mt Green Utah October 12
- Southern Utah Triathlon Sprint, Olympic – Hurricane, Utah October 26
- Ogden Santa Run 5K (Santa Theme) – Ogden, Utah November 30
- Gardner Village Santa Run (Santa Theme) – West Jordan, Utah December 7
- Provo Santa Run (Santa Theme) – Provo, Utah December 7

These races are happening in 2020 as well.